

as natured intended program
step by step super-simple plan

The following approach is for the person who wants to keep things
simple and practically possible.

The return from this practice is:

- ✓ Endless mental & physical waking energy.
- ✓ Good health.
- ✓ Recharging sleep.
- ✓ Ideal weight & shape (free from conscious thought).

OK, one more time!

The fundamental principles.

- ✓ Choose whole food nutritionally and calorically balanced as nature intended.
- ✓ Gut-friendly choices.
- ✓ Feature good healthy fat – particularly MCT's.
- ✓ Low in saturated animal fat.
- ✓ Very low in sugar and zero in additional sugar.
- ✓ Hydrate to thirst, which, typically, means more than you currently consume.
- ✓ Volume or portion to satisfy your sustained appetite (from the listed food).
- ✓ Time restrict eating @ 7-8 hours/24.
- ✓ Move rhythmically but easily (aerobically).
- ✓ Prioritise sleep.

Suggested timeline.

5.00 – 6.00 am: Wake early and consider a short 2-minute box breathing set (free App, Breathing Assistant – set for 4-5 second splits).

- Box breathing.
- Ideally, start with a large glass of water, including a tiny pinch of pink salt (tasteless).
- 15-45 minutes of easy rhythmic movement.
 - Walking, Running, Stationary riding, cardio equipment etc.
 - Intensity is policed at 60-70% of your maximal sustained effort.
 - Finish with a short resistance training set.
 - Bodyweight squats, Sit-ups, Push-ups @ 10 reps each x 4 sets with 10-second break between sets.

- Coffee (or tea, green tea, herbal tea) with 1 tbsn MCT oil and either; Goat's milk, A2, Unsweetened Almond or Whole milk.
- A handful of mixed nuts: Pistachio, Macadamias, Walnuts, Brazil, & Pecan. Salted is great.
- A further glass of water.

11 am: First meal of the day.

Either, Pampy's Porridge (perfect if you exercised) or Pampy's Omelette (perfect if you didn't exercise).

- Pampy's porridge – your pp container is mobile. Pack some contained berries, perhaps some honey, find a microwave, portion with water, and boom, there's your first meal.
- Pampy's Omelette – contain eggs appropriately, pack an avocado, tomato, salt, pepper, olive oil, goats cheese (yum), thyme, and you're on. Find a dash of milk, whisk your eggs, and use the microwave free from a hot plate. Mix your ingredients, add some olive oil and enjoy.

You can mix and match both pampy's porridge & pampy's omelette to your liking and variety.

11.30 am: Ideally, combining either meal choice with another caffeinated drink, coffee, tea, green tea, herbal tea, typically sustains the enduring appetite – and is healthy and supports healthy ketosis. I strongly recommend adding 1 tspn of Chaga Mushroom extract to this second drink.

12 – 7pm: Water, or appetite bridging choices, e.g. the listed nuts, seeds, veggies etc.

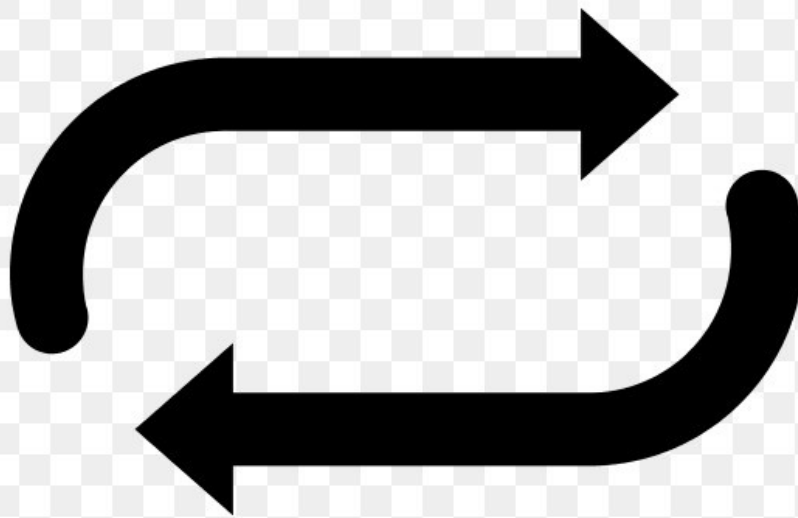
7 pm: Main meal.

- Choose your protein – whatever.
- Choose your filler – please consider, zucchini noodles, cauliflower rice, sweet potato noodles, saturate with olive & seas salt and airfry (please make this purchase) @ 180 for 13-16 minutes.
- Choose a few veggies to roast, microwave, whatever, adding butter, salt, herbs, spices, balsamic vinegar etc.

7.15 pm – complete the meal with either, a green alkalsing drink; supergreens, vital greens, peppermint tea, etc.

7.30pm – Brush your teeth.

- Entertain yourself; reading is best, and prioritise sleep.



Test with Brad Pamp regularly.

- HbA1c @ <4.9%
- Triglycerides @ <1.85 mmol/L
- Uric Acid @ 5.5 mmol/L
- Breath & Blood Ketones within healthy ketosis.